

**EVENT**

**STORY**

NEW...

**FEELINGS**

**PHYSIOLOGY**

**BELIEFS**

**ACTIONS**

**RESULTS**

**1** **Notice Your Focus**  
*Energy flows where attention goes...*

**2** **Pause & Pay Attention**  
*Is this moving me in a direction I want to go?*

**3** **Determine**  
*What is the direction I want to go?*